

What Every Mother Wants to Know About Her Baby

By Anna Steese Richardson
Director of the Better Babies Bureau of the Woman's Home Companion

NO. 6--WEANING AND TEETHING

(These articles are based on questions asked by mothers who have turned to the Woman's Home Companion for assistance in the difficult and delicate task of rearing their babies. Each question presented and answered here was asked not by one but by many mothers. They represent the general questions and problems of the average mother. Mrs. Richardson is entirely willing to answer personally any further question that readers may wish to send to her.)

1.—My baby is a year old. Dare I wean him in summer?

Yes, unless he is in a very delicate condition and your physician advises against it. As a rule mother's milk is not sufficiently nourishing for a baby 12 months old or more. Wean him gradually, not suddenly. At first, substitute one bottle feeding, about mid-day, for a breast feeding. Give whole milk, 8 ounces or 16 tablespoons; barley water, 2 ounces or 4 tablespoons. If possible, persuade the baby to drink this from a spoon or cup. It is time he learned to drink. If he refuses, then resort to the bottle. At the end of three or four days, if he seems well, give two bottle or cup feedings instead of one. At the end of a month or six weeks he will be weaned. It is a mistake to withdraw the breast abruptly and give nothing but modified milk. This should be done only in case of emergency, dangerous illness of the mother, etc.

2.—My milk does not seem to satisfy my six months baby. He wants to nurse constantly and cries a great deal. Should he be weaned?

Not abruptly and not without consulting your doctor as to your own condition. Your baby is hungry or spoiled. If you are anemic or poorly nourished, your milk does not satisfy his hunger, and your strength should be built up. If your milk is rich, he has been spoiled by irregular feeding and knows that by crying he will be fed at any time. Have the breast milk analyzed. If the baby needs more nourishment, build up your own health, and gradually feed him modified milk from a bottle, spoon or cup, preferably the latter.

3.—Does weaning increase the danger of teething?

Not when the baby is teething normally and his digestion is generally good. Teething is a normal process. Discomfort during teething comes generally from digestive disorders, not from the pain of dentition. Wean the baby gradually, using judgment in selecting the formula, feed regularly, watch the bowels carefully and if the baby seems normal, there is no danger.

4.—When should a baby be weaned? Progressive physicians and baby specialists no longer set a definite month for weaning. In fact, when a baby is healthy, the process is automatic, starting within a few months after birth. A bottle feeding is given once a day in place of the usual breast feeding, at three months or even earlier. This

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There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney and Co., Toledo, O., is the only constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY and CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.—Adv.

RIFLE CHAMPIONSHIPS
Winnipeg, Manitoba, July 28.—With the largest number of entries ever recorded here, the Provincial rifle championships opened at the ranges this morning. Manitoba is noted for her marksmen and practically all the best shots in the province are taking part in the competitions. The tournament will continue until Saturday.

Of Kidneys and Bladder Bother
Then Foley Kidney Pills
Overworked kidneys will break down if not helped. When they can no longer protect the blood and the body from the poisons that come to them, then look out for Bright's disease, serious kidney trouble and bladder annoyances. Foley Kidney Pills are your best protection, your best medicine for weak, sore, overworked kidney and bladder weaknesses.—Adv.

Dangers of Cholera Mgrbus
In almost every neighborhood some one has died from an attack of cholera morbus before medicine could be procured or a physician summoned. Every family should be prepared for such an emergency. Mrs. F. M. Snyder, Herkimer, N. Y., says, "About four years ago my husband had an attack of cholera morbus. I gave him Chamberlain's Colic, Cholera and Diarrhoea Remedy and it relieved the pain immediately, and two or three doses of it effected a cure." For sale by all dealers.—Adv.

DEMAND THEIR EGGS FRESH

Species of South African Snake With a Dainty Appetite and Keen Sense of Smell.

The South African snake called the egg-eater has inherited from long generations of ancestors a sense of smell so acute that it appears never to be at fault. Professor Fitzsimons, director of the Port Elizabeth museum, gives in his book on "The Snakes of South Africa" an interesting instance of the wisdom of these serpents.

"Being short of fresh pigeons' eggs once, I went to my cabinet and took the clean-blown shells of a few doves' eggs. Beating up the contents of a fowl's fresh egg, I syringed them into the empty shells, and carefully pasted tiny bits of tissue paper over the holes. I put these in the egg-eater's cage, and watched, for I expected the snakes to swallow them as they did the other eggs. First one egg-eater advanced. He touched each egg gently in turn with the tip of his nose or the point of his forked tongue, and crawled away in disgust. Another and yet another eagerly advanced, repeated the performance, and straightway retired. I began to get interested. Leaving the eggs, I returned in a few hours' time to find them still there.

"For two whole weeks those eggs remained in the cage untouched, although I refrained from giving the snakes any others. Then I procured some fresh pigeons' eggs and put them into the cage. The snakes approached, touched them with their noses or tongues, and instantly began to swallow them. I tried this experiment a second time with the same result. Frequently I have noticed that the snakes would eat some of the eggs that I gave them, and reject others. On breaking the latter open, I always found that they were either added or else had a partially developed young bird inside. I could never induce an egg-eater to swallow an egg that was not perfectly fresh.

"The egg-eater is an expert climber, and his sense of smell is so sharp that he can discover birds' nests with the greatest facility. If you place an empty bird's nest in the cage of an egg-eater, he will take no notice of it, except to use it occasionally for a cozy bed. But if you put fresh eggs in it, he at once detects their presence, although they are hidden from his sight."—Youth's Companion.

SHAPE OF PEOPLE'S HEADS

Writer Makes Assertion That It Varies With the Nation and Its Location on the Earth.

The study of heads reveals some interesting facts. One is that the left side of the head is almost always larger than the right, due, it is said, to the universal practice of using the right hand more than the left. Another curious point is that nationality considerably affects the shape of the head. It would surely be an interesting subject for a biologist to explain why it is that the nearer the equator a race lives the rounder their heads become.

No one needs reminding of the round, bullet-shaped skull of the negro, but the latter will assure us that a Frenchman's head is rounder than an Englishman's and similarly an Englishman's rounder than a Scotchman's. The average Scot's head tapers considerably toward the front, narrows at the temples and becomes square and prominent at the forehead. German heads, on the average, are rounder than English, and broader at the back. Irish heads, in general, are long, like the Scotch, but scarcely as narrow.—Strand Magazine.

Three-Headed Elephant.

Of the many curiosities to be seen in the wonderful temples of Mandalay, says the Wide World Magazine, few arrest the attention of the traveling westerner more than the three-headed elephant in the Arakan pagoda, which is regarded by the Burmese as one of the most sacred of their many shrines. The principal object of adoration in this temple is a seated image of Buddha 12½ feet high, and heavily coated with gold-leaf. This gold-leaf is constantly being renewed with the offerings of pious devotees; you can buy a leaf for a rupee, follow the pilgrims who flock to the temple up the steps leading behind the image, and place the glittering morsel on Buddha's back, thus performing an act of great merit in Burmese eyes. The three-headed elephant is Buddha's guard, and occupies the sanctuary that leads into the holy of holies. This strange statue is made of bronze, and apart from its freakish character is a clever piece of work.

Scrubbing the Piano.

One of those popular fellows who can sit down at a piano and play accompaniments to songs, even when the "music" is not forthcoming, happened to be in a little village recently when a concert was almost stuck through the pianist disappearing at the last minute. Our friend, says the Glasgow News, came to the rescue, and got the company out of their difficulty, but inwardly he applied to the instrument adjectives which would shock even George Bernard Shaw. After the performance, the caretaker (a "lady") was covering up for the night, and the player mentioned to her that the piano was very much in need of attention, but she scouted the idea.

"Why," said she, "I went over it myself this morning, and scrubbed every part of it. Kew and all."

WITH THE STOCK COMPANY



First Actor—And you say you have a change of bill every few days?
Second Actor—Every day. It starts in Monday with the laundry's bill and ends on Saturday with the laundry bill.

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He—If you'll marry me I'll promise never to speak a harsh word.
She—I see you've sized up my temper already.

AN AWFUL PUZZLE



Applicant—I was formerly on the Daily Budget. I had charge of the puzzle department.
General Manager of Railroad—Just the man I want to make out our time-tables.

BEST FOR ALL CONCERNED



Comedy—I noticed you in the audience last night. What did you think of my part?
Critie—It suited you.
Comedy—What did you think was the best thing I got off?
Critie—The stage.

THROUGH THE TELESCOPE



Hoax—What happened to you when the railroad cars telescoped?
Joan—I saw stars.

No Eye for the Ludicrous.
"You think the American people lack a sense of humor?"
"Yes," replied the frank visitor from abroad; "otherwise you wouldn't find so many people weighing over two hundred pounds who dance the tango."

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A Guinea Garden.
Those who have heard words spoken so carelessly that their real meaning must remain a matter of conjecture will sympathize with the Italian mother in one of the Brooklyn settlements where a kindergarten is flourishing.

She reached the building early one morning, and with a distinct grievance in face and voice confronted the kindergarten.

"Why!" she demanded, "why you no call this a school? Why you call him a guinea garden?"

Quick Cure for Diarrhoea
The most prompt and effective cure for diarrhoea is Chamberlain's Colic, Cholera and Diarrhoea Remedy. When given as soon as the first unnatural looseness of the bowels appears one dose is nearly always sufficient to effect a cure. It should be kept at hand for instant use. For sale by all dealers.—Adv.

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LAS VEGAS COMMANDERY, NO. 2, KNIGHTS TEMPLAR—Regular conclave second Tuesday in each month at Masonic Temple at 7:30 p. m. Dr. H. M. Smith, E. C.; Chas. Tamme, Recorder. LAS VEGAS CHAPTER NO. 3, ROYAL ARCH MASONS—Regular convocation first Monday in each month at Masonic Temple at 7:30 p. m. P. A. Brinegar, H. P.; F. O. Blood, Secretary.

I. O. O. F. LAS VEGAS LODGE NO. 4.—Meets every Monday evening at their hall on Sixth street. All visiting brethren cordially invited to attend. J. Friedentine, N. G.; A. T. Rogers, V. G.; T. M. Elwood, Secretary; Karl Wertz, Treasurer; C. V. Hedgcock, Cemetery Trustee.

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KNIGHTS AND LADIES OF SECURITY, COUNCIL NO. 2390—Meets in W. O. W. hall, Sixth street, on the first and third Mondays of each month at 8 p. m. Visiting Knights and Ladies always welcome. O. L. Freeman, President; Miss Cora Montague, Financial; Mrs. A. V. Morrow, Local Deputy, 908 Jackson avenue; Z. W. Montague Assistant Deputy, 1011 Sixth street, East Las Vegas, N. M.

L. O. O. MOOSE—Meets second and fourth Thursday evening each month at W. O. W. hall. Visiting brothers cordially invited. Howard Davis, Dictator; P. A. Lynn Secretary.

J. E. ROSENWALD LODGE NO. 841, I. O. O. F.—Meets every first Tuesday of the month in the vestry rooms of Temple Montefiore at 8 o'clock p. m. Visiting brothers are cordially invited. Isaac Appel, President; Charles Greenclay, Secretary.

MODERN WOODMEN OF AMERICA—Meet in the Forest of Brotherly Love at O. R. C. hall, on the second and fourth Tuesdays of each month at 8 p. m. C. H. Stewart, Consul; G. Laemmle, Clerk; Z. W. Montague, Local Deputy. Visiting members are especially welcome and cordially invited.

KNIGHTS OF COLUMBUS, COUNCIL NO. 804.—Meets second and fourth Thursday in O. R. C. hall, Pioneer building. Visiting members are cordially invited. Richard Devine, G. K.; Frank Angel, F. S.

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